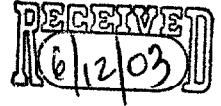


1824 South Robertson Blvd.
Los Angeles, CA 90035-4317
310/204-6936 • 800/726-0886
www.Jarrow.com

FAX NUMBERS
Orders 800/890-8955
General 310/204-2520
Administrative 310/204-5132

May 22, 2003

Food and Drug Administration
Center for Food Safety and Applied Nutrition
Office of Nutritional Products, Labeling, and Dietary Supplements (HFS-810)
5100 Paint Branch Parkway
College Park, Maryland 20740
Reference phone #301-436-2373



Dear CFSAN:

Pursuant to Section 403(r)(6) of the Federal Food, Drug and Cosmetic Act and Section of 101.93 of FDA's regulations, we hereby notify you that we are using the following statement(s):

(1) Name of Address of distributor:

Jarrow Formulas, 1824 South Robertson Blvd., Los Angeles, CA 90035

(2) Text of the statement(s):

Longevity Multi[™]caps is an advanced nutritional formulation that provides essential and conditionally essential nutrients necessary for healthy aging and an active lifestyle. **Silymarin** is important for protection of the critical antioxidant **Glutathione** and overall liver support. **Lutein** is found concentrated in the eye's macula and lens, as well as the skin, breast and cervical tissue. **Lutein** protects the macula from oxidative stress. **Methylcobalamin (Methyl B12)** is **better absorbed and retained** than other forms of B12 (such as cyanocobalamin). **Methyl B12 protects nerve tissue and brain cells**, and reduces toxic homocysteine to the essential amino acid methionine. **Lycopene**, one of the most prominent carotenoids found in nature, has shown remarkable results in protecting prostate function and countering degenerative free radicals. The herbs **Ginger** and **Rosemary** are added for digestive and antioxidant support. **Longevity Multi[™]**caps is an iron-free formulation to reduce possible free radical formation.

(3) Name of the dietary ingredient(s) if not provided in the text of the statement:

Vitamin A (as Retinyl Palmitate) • Beta Carotene(Pro-Vitamin A) • Vitamin C (Ascorbic Acid) • Vitamin D3 (Cholecalciferol from Fish Liver Oil) • Vitamin E (d-alpha Tocopherol Succinate) • Vitamin B1 (as Thiamin Mononitrate) • Vitamin B2 (Riboflavin) • Vitamin B3 (Niacin) • Vitamin B3 (Niacinamide) • Vitamin B6 (Pyridoxine HCl) • Folic Acid • Methyl-B12 (Cobalamin concentrate) • Biotin • Pantothenic Acid (d-Calcium Pantothenate) • Calcium (elemental)(from 4850 mg Calcium Citrate) • Iodine (from Potassium Iodide) • Magnesium (as Magnesium Oxide) • Zinc (from Zinc Monomethionate) • Selenium (as L-selenomethionine/ sodium selenate 50/50) • Copper (as Copper Gluconate) • Manganese (as Manganese Citrate) • Chromium GTF (bound to Saccharomyces cerevisiae) • Molybdenum (as Trivalent Sodium Molybdate) • Potassium (as Potassium Chloride) • Inositol • Para-Aminobenzoic Acid (PABA) • Lutein (*Tagetes erecta*) • Lycopene (from GMO-free tomatoes) • Silymarin (*Silybum marianum* 30:1, 80% extract) • Grape Seed OPCs • Rosemary Extract (*Rosmarinus officinalis*) • Freeze Dried Ginger (*Zingiber officinale*)

(4) Name of the dietary supplement(s)

Longevity Multi 270 capsules

975 0162

LET

12292

84713

- (5) **The following disclaimer appears on the label in bold:** These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

These claims are limited to, and a result of, what we believe to be a substantial body of scientific evidence supporting the functional role of these nutrients.

Respectfully submitted,

A handwritten signature in black ink, appearing to read 'Siddharth Shastri', is written over the printed name.

Siddharth Shastri
Vice President, Product Development